

OnTheRoad is BackonTrack is OTR is....

Posted by OTR - 18 Feb 2016 15:34

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Ok, I had opened a new screen ID because I had forgotten how to get into this one. But This is who I started GYE (or GUE at that time for old timers) as originally, and this is the screen name I want to use. I have never posted in THIS forum using OTR as I was here in the past when we were on the old forum platform. But OTR for anyone who remembers me is who I was, am and will be here going forward.

- Getting to the matter at hand because who really cares about the significance of an anonymous screen name..... What's different this time?

-My wife does NOT know that I am joining the forum now. Actually she is not aware too much of my current condition.

- I am not here because I was embarrassed into coming, or (as previously) because my wife caught me and I knew I needed to do 'something'.

There was something very cutesy and supportive about my previous experience. You know... my wife was proud that I was on the forum, I told her about some of the jokes... etc.... And I think, had I continued keeping myself out of isolation, that I would have probably remained in recovery for longer. Especially seeing how the tools on this forum have grown....

But this time I am here because I want to be here. I am not necessarily looking to share my experience here with my wife, because this is about me and my life and my desire to leave this side of me behind.

What drove me to come back? I have nothing else to offer myself to improve, broken nedarim that worked well for a really long time but then eventually I transgressed.;... I took apart and put together my faith, my understanding of my higher power. At about 40 years old, I said ok what am I doing with my life, is this what I want? What do I want.... It was not Hashem as we call it in yiddishkeit, it was Truth- emmess. wanting to be a person of the truth and connect to the truth because that is the only thing that is stable in life.

And one thing it requires is being good to your word- which I wasn't... So what did I have left to say for myself? Not much.....

Through this I realized (again) that I have no other recourse but to reach out to others and get help with this. I called an old GYE buddy or two... got no reply. So I need to start again....

In a way the fact that I am here now, not because of external shame, but because I want to be a person of truth, true to myself, true to who I want to be... I think that makes this a little more real.

That is one thought that I have.... There are so many interesting things to get out in writing, I can't get them all down at once..... But I am starting on my 3 preliminary days toward getting on the 90 day chart, installing proper filters and getting back on the road or on track or whatever you call it to get straight and become who I really want and am supposed to be.

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by doingtshuva - 05 Oct 2016 15:37

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Wow, what a post.

This is how I felt when I came to gye.

?Instead of working and earning, I was just wasting my time.

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by Yesh Tikva - 05 Oct 2016 18:06

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[OTR wrote on 05 Oct 2016 14:21:](#)

Finally, I thought about how many years start out on a high, continue well through about Chanuka when I may slip up or may not.. move on to Purim and I am feeling a lot weaker but

make it to Peach in relatively decent condition. After Pesach and through the summer is where things really go off. I thought of a few things to do that would help me at that time of year:

- 1) Make a kaballa that would only kick in later in the year, like after pesach.
- 2) Write myself a letter now and set a reminder to read it then.

That's what I got so far from this year.

Hi OTR,

Thanks for this post.

Frankly I think that it is amazing that your kabalos help you until Pesach.

If you would have RH twice a year would that solve your problem?

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Re: OnTheRoad is BackonTrack is OTR is....

Posted by OTR - 07 Oct 2016 19:30

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[doingtshuva wrote on 05 Oct 2016 15:37:](#)

Wow, what a post.

This is how I felt when I came to gye.

?Instead of working and earning, I was just wasting my time.

It's one of the worst things for me. If I was a rich successfull guy with a problem then at least my wife is not suffering financially becuae of my issue. (and my kids) but since I am not rich at this point, but rather struggling to make ends meet, i feel doubly guilty. Once for my action and also for making my family suffer. Of course I then get po'd at the bad feelings and then it comes out like hellfire in the family I'm disappointed in myself for not serving better...

As to having kabbalos that help me until Pesach. It's not the smoothest road. I don't know if I made that clear enouhg. I mean, I am not free of doing things I should not be, but I usually remain more or less functional.

What is really the main focus for me internally at this point, is that my idea of what to expect or not expect from my wife has come a little more in line with reality. And that is good. ANd that I realized restrictive nedarim are just a losing proposition for me. I need to make a good thought out taphsic plan to help me stall the urge and hopefully obtain some leverage in my struggle.

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Re: OnTheRoad is BackonTrack is OTR is....

Posted by Shlomo24 - 07 Oct 2016 20:43

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Forgive me, but why do you need kaballas or taphshic. Why don't take it one day at a time? I'm not just speaking for myself, but it seems that a lot of GYE'rs with success take it one day at a time.

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by doingtshuva - 09 Oct 2016 05:32

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OTR,

I'm sure that if you'll make hashem happy, he'll make you and your entire family happy too.

Don't give up!

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by OTR - 11 Oct 2016 01:00

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[Shlomo24 wrote on 07 Oct 2016 20:43:](#)

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i do take it one day at a time. Why is a taphsic method a contradiction to that?

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by Yesh Tikva - 11 Oct 2016 07:03

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There is no contradiction

Step One, says the White Book is stopping - how you do that is whatever it takes

One day at a time is how you live without the drug - it is not a method of stopping.

Bli Neder I will write more after YK

Hatzlacha and Gmar Chasima Tova to all

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by Shlomo24 - 11 Oct 2016 19:34

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[OTR wrote on 11 Oct 2016 01:00:](#)

[Shlomo24 wrote on 07 Oct 2016 20:43:](#)

Forgive me, but why do you need kaballas or taphshic. Why don't take it one day at a time? I'm not just speaking for myself, but it seems that a lot of GYE'rs with success take it one day at a time.

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Taphshic is swearing off forever, to my knowledge.

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by Gevura Shebyesod - 11 Oct 2016 20:09

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A taphsic can be made to be in effect for a specified amount of time. In fact it probably is better that way as it doesn't seem so overwhelming.

See all about it here:

[guardyoureyes.com/tools/taphsic-method](http://guardyoureyes.com/tools/taphsic-method)

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Re: OnTheRoad is BackonTrack is OTR is....

Posted by Watson - 12 Oct 2016 20:45

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[OTR wrote on 05 Oct 2016 14:21:](#)

I identified immediately as a lust addict and jumped right into trying to address my problem like that accepting completely the 12 step mehalech. After being in the game a little longer I read on other forums and other sources about different ways of dealing with addiction.

OTR, having read some of your thread, I have no advice to give, just some questions that are confusing me. First of all I'm wondering what 'accepting completely the 12 step mehalech' means. Does that mean you went to meetings, got a sponsor, wrote an inventory, etc?

You mentioned different ways of dealing with addiction. Could you elaborate on these a little please. And did they work? And, at the risk of being shouted at on the forum, how do you know you have an actual addiction?

I ask that because I think it's important to know the nature of the problem, as the solution will obviously need to be different. Not everyone on GYE is an addict. Not everyone on GYE needs therapy, or 12 steps, or taphsic. Different medicines for different ailments.

You say you take it one day at a time, but you want to make a kabolo now that will kick in at Pesach time - 6 months away! Surely that's not taking it one day at a time?

Thank you for coming back to the forum though, it's a tremendous first step.

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by cordnoy - 19 Oct 2016 12:32

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[doingtshuva wrote on 09 Oct 2016 05:32:](#)

OTR,

I'm sure that if you'll make hashem happy, he'll make you and your entire family happy too.

Don't give up!

This quid pro quo....Is it a Jewish concept?

I don't understand or agree with both sides of your equation.

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by Workingguy - 20 Oct 2016 21:27

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[cordnoy wrote on 19 Oct 2016 12:32:](#)

[doingtshuva wrote on 09 Oct 2016 05:32:](#)



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This quid pro quo....Is it a Jewish concept?

I don't understand or agree with both sides of your equation.

It isn't? Of course we always ask for ????? ??? but it's pretty clear from the second parsha of Shema and the way the Rambam explains it in Hilchos Teshuva, from the Tochacha, by the way Rashi explains the proclamation by ?????? ????? where we say ?????? ??? ??? ?????? and I believe Rashi says that we say "Hashem, we did ours, you did yours", and many other sources that at least on a conceptual level we are expected to do ours and then he will do theirs. It's obviously much more complicated than that, but the concept definitely exists in a big way.

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Re: OnTheRoad is BackonTrack is OTR is....

Posted by cordnoy - 20 Oct 2016 22:00

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[Workingguy wrote on 20 Oct 2016 21:27:](#)

[cordnoy wrote on 19 Oct 2016 12:32:](#)

[doingtshuva wrote on 09 Oct 2016 05:32:](#)

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Regarding happiness?

Love?

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Re: OnTheRoad is BackonTrack is OTR is....

Posted by cordnoy - 20 Oct 2016 22:17

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Additionally, the thrust of my question was really on the quote, "I am sure...." can one be sure that if ploni makes Hashem happy, He will make ploni happy? I don't think so.

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